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| **Lesson Plan #6 (Age 12+13)** | **Supplies: Straight Edge Putting-** Standard appropriately sized putters, alignment rods, standard balls, putting targets (if needed)  **Supplies: Over and Under -**Standard short game clubs (7 iron > Lob Wedge), alignment rods, pool noodles, low profile cones, standard practice balls, targets (if needed) |
| **Core Lesson: Go-To Person and Team**  **Game/Activity:**  **Straight Edge Putting + Over/Under**  **Factor of Influence:** **Curvature/Trajectory**  **Key Commitment: Using Good Judgment**  **Golf Skill Category:** Putting, Chipping and Pitching  **Golf Fundamental:** Ball Flight |
| **Straight Edge Putting** Over and UnderNote 1: If the starting points are set up too far from the horizontal pool noodlesthen the focus of the player will likely be more about aim or target instead oftrajectory **Note 2:** Changing the location of the starting point and/or the horizontal noodles during the lesson will add 1 or more variables for the player to consider. Keep the starting points and noodle locations consistent from 4-5 feet during the lesson. |
| **Warm Up: 10 Minutes** |
| **Soccer Ball Relay**: Coaches will set up a relay race (2 Teams) with 2 or 3 low profile cones for each team and a starting point marked by other cones. Teams line up behind the starting point. Players will go 1 at a time and kick a soccer ball around/thru the low profile cones while moving away from the team line and then kick the ball back to the next player in line. The team that finishes first wins! |
| **Lesson Preview and Transition to Activity: 5 Minutes** |
| Coaches will ask for examples of Go-To Teams and ask why having a Go-To Team is important? Coaches will mention how important curvature and trajectory are in golf and tease the games. |
| **Wrap Up 5 Minutes** |
| **Wrap Up Questions:**   * How did class go today? * What did you learn about golf today? * How did you use curvature and trajectory to help you today as you played the games? * What are some things to consider when building your Go-To Team? * How can you take what you learned about building a Go-To Team and apply it to your life outside of the First Tee. |
| **Straight Edge Putting (18 minutes and Transition)** | **Over + Under (18 Minutes and Transition)** |
| **Game/Activity Objective**: Participants will work together as a team and make decisions on how to use a straight edge to use curvature on the green. | **Game/Activity Objective**: Players use club selection as their “Go-To” strategy to hit short game shots over/under pool noodles |
| **Game/Activity Rules:**   * This is a team activity * Teams of 2 will identify a putt that has curvature and is approximately 6 feet from the hole * Before putting, players will place a straight edge (golf club, alignment rod) down on the putting green * The players will attempt to use the straight edge as a guide to where the putt should be aimed in order to successfully sink the putt * The player will place a ball down to the side of the straight edge and putt the ball while following the straight edge with the putter stroke * Players will hit the putt and make adjustments with the straight edge based on the outcome of the putt * The player will set a goal of attempts to make the putt – Coaches may recommend setting a goal of 5 at first * Players can also set golf tees in the ground to highlight the curvature of the putt | **Game/Activity Rules:** Players will attempt to hit short game shots over and under pool noodles suspended byalignment rodsNote: If the starting points are set up too far from the horizontal pool noodles then thefocus will be more about aim or target instead of trajectoryThe pool noodles can be lifted up or pushed down to change the heightPlayers will utilize club selection to influence the trajectory of the shots to get the ball over or under the noodle **Game/Activity Play by Play:**   * Coaches will demonstrate the safety process, the golf skill and the game  Players will take turns hitting 4 shots at each noodle height setting  * For each noodle height setting, players will Players will take a few turns changing clubs and experimenting with different trajectories in order to hit 2 shots over and 2 shots under the noodles. * Players will determine the best (Go-To Clubs) to use for the different noodle heights. |
| **Coach Tips & Objectives** | |
| **Key Commitment Objective:** Players will demonstrate building/using a Go-To Team as they play 2 short game stations. Coaches will ask questions about Go-To Teams while teams play.  **Golf Objective:** Players will use curvature and trajectory while playing the games. | **Sample Coaching Questions:**   * How are you using your Go-To Team during the games? * How are you using curvature and trajectory to be successful in the games? |